



RECREATION DEPARTMENT

The Heart of the Neighborhood

www.chulavista.ca.gov/rec

385 Park Wy • (619) 691-5084



City Wide Walking Program

Month ___/___/___	Week 1	Distance	Time Start	Time End	Total Minutes	Estimated Calories Burned
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Month ___/___/___	Week 2	Distance	Time Start	Time End	Total Minutes	Estimated Calories Burned
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Month ___/___/___	Week 3	Distance	Time Start	Time End	Total Minutes	Estimated Calories Burned
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Month ___/___/___	Week 4	Distance	Time Start	Time End	Total Minutes	Estimated Calories Burned
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Name _____

Calorie Calculator: At speeds of 3 to 4 mph

Email: _____

Net Calorie Burn Walking: $.30 \times \text{your weight}$

Walking Course _____

Net Calorie Burn Running: $.63 \times \text{your weight}$

Walking Facts:

Just walking an extra 20 minutes a day will help you lose at least seven pounds of body fat a year.

Submit Form (four ways):

1). Fax: (619) 425 - 0672

2). Email: pwgym@ci.chulavista.ca.us

3). Click Button to submit

4). Drop-Off Form at
Parkway Gymnasium
385 Park Wy